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Astaxanthin

Thread Modes

lltvyr
Mega Super Poster
Posts: 2,205
Threads: 362
Joined: Jul 2015
Reputation: 469

10-14-2015, 02:33 PM #1

Astaxanthin is another carotenoid capable of changing the color of the skin. It makes it **pink** as i understand. That kind of complexion implies good health and thus also creates attraction, so everybody should be using it imo. But it's a lot more expensive and difficult to obtain than beta-carotene

Does anybody know what the correct dosage is to get the effect of skin coloring? Anybody used it?

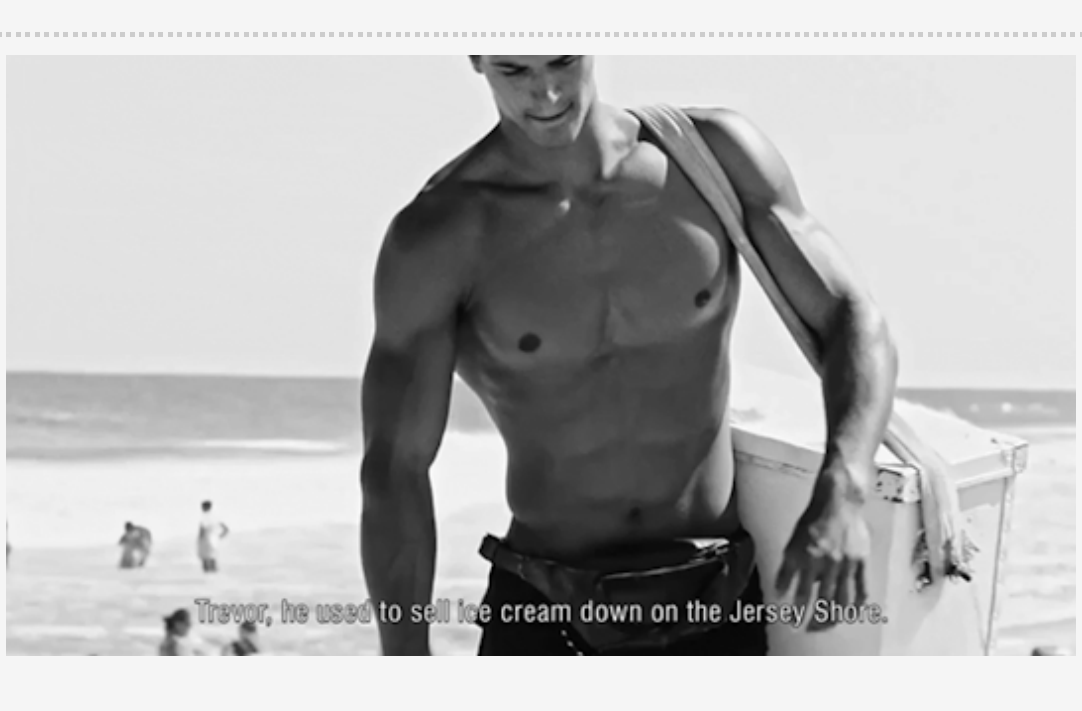
Emil_King
Super Poster
Posts: 1,329
Threads: 331
Joined: Jun 2015
Reputation: 181

10-14-2015, 05:37 PM (This post was last modified: 10-14-2015, 05:37 PM by Emil_King.) #2

> **lltvyr Wrote:** (10-14-2015, 02:33 PM)
>
> **Astaxanthin** is another carotenoid capable of changing the color of the skin. It makes it **pink** as i understand. That kind of complexion implies good health and thus also creates attraction, so everybody should be using it imo. But it's a lot more expensive and difficult to obtain than beta-carotene
>
> Does anybody know what the correct dosage is to get the effect of skin coloring? Anybody used it?

astaxanthin (love the name) seems to be legit. however im not sure how coloring would turn out in combination with beta caratene. we need before and after for beta carotene, astaxanthin, and both.

LOOKSMAXXER has a link to a 4mg dosage bottle, which i got. Thats whats recommended and safe based on my research however i believe 10mg is better and it will work stronger/faster.


Trevor, he used to sell ice cream down on the Jersey Shore.

---

lltvyr
Mega Super Poster
Posts: 2,205
Threads: 362
Joined: Jul 2015
Reputation: 469

10-14-2015, 07:43 PM #3

Beta-carotene works. Every doctor, every medical textbook you see can confirm it. I tried it on myself and I turned yellow. There is no doubt. I don't see why the combination would be even better. The nature is full of plants of different color -- why shouldn't we eat them all?

---

lolita
Colez Biker Gang
MASCULINITY CREW
Posts: 1,651
Threads: 116
Joined: Aug 2015
Reputation: 185

10-14-2015, 08:33 PM #4

> **lltvyr Wrote:** (10-14-2015, 07:43 PM)
>
> Beta-carotene works. Every doctor, every medical textbook you see can confirm it. I tried it on myself and I turned yellow. There is no doubt. I don't see why the combination would be even better. The nature is full of plants of different color -- why shouldn't we eat them all?

How is turning yellow a good thing Wtf
The goal should be pinkish white

---

lltvyr
Mega Super Poster
Posts: 2,205
Threads: 362
Joined: Jul 2015
Reputation: 469

10-14-2015, 08:38 PM #5

> **lolita Wrote:** (10-14-2015, 08:33 PM)
>
> > **lltvyr Wrote:** (10-14-2015, 07:43 PM)
> >
> > Beta-carotene works. Every doctor, every medical textbook you see can confirm it. I tried it on myself and I turned yellow. There is no doubt. I don't see why the combination would be even better. The nature is full of plants of different color -- why shouldn't we eat them all?
>
> How is turning yellow a good thing Wtf
> The goal should be pinkish white

For the 99999th time: http://www.sciencedaily.com/releases/201...lyids=9261

---

lolita
Colez Biker Gang
MASCULINITY CREW
Posts: 1,651
Threads: 116
Joined: Aug 2015
Reputation: 185

10-14-2015, 09:06 PM #6

> **lltvyr Wrote:** (10-14-2015, 08:38 PM)
>
> > **lolita Wrote:** (10-14-2015, 08:33 PM)
> >
> > How is turning yellow a good thing Wtf
> > The goal should be pinkish white
>
> For the 99999th time: http://www.sciencedaily.com/releases/201...lyids=9261

She is pink
So how did u turn yellow

~~**copecel**~~
Banned
Posts: 57
Threads: 4
Joined: Oct 2015
Kisses: 1
Slay Count: 1

10-15-2015, 03:00 PM (This post was last modified: 10-15-2015, 03:09 PM by copecel.) #7

A cheaper alternative to astaxanthin may be lycopene, the prominent red carotenoid of tomatoes. Cheap options are supplements, tomato paste and tomato powder.

Further information:
Significant correlations of dermal total carotenoids and dermal lycopene with their respective plasma levels in healthy adults
Supplementation with tomato-based products increases lycopene, phytofluene, and phytoene levels in human serum and protects against UV-light-induced erythema.
Bioavailability of natural carotenoids in human skin compared to blood.

Nutrient report for tomato paste
Nutrient report for tomato powder

Drake
Super Poster
Posts: 1,790
Threads: 42
Joined: Jun 2015
Reputation: 125

10-15-2015, 05:10 PM #8

took it for 2 months didnt notice any difference

---

lltvyr
Mega Super Poster
Posts: 2,205
Threads: 362
Joined: Jul 2015
Reputation: 469

10-15-2015, 05:24 PM (This post was last modified: 10-15-2015, 05:45 PM by lltvyr.) #9

> **copecel Wrote:** (10-15-2015, 03:00 PM)
>
> A cheaper alternative to astaxanthin may be lycopene, the prominent red carotenoid of tomatoes. Cheap options are supplements, tomato paste and tomato powder.
>
> Further information:
> Significant correlations of dermal total carotenoids and dermal lycopene with their respective plasma levels in healthy adults
> Supplementation with tomato-based products increases lycopene, phytofluene, and phytoene levels in human serum and protects against UV-light-induced erythema.
> Bioavailability of natural carotenoids in human skin compared to blood.
>
> Nutrient report for tomato paste
> Nutrient report for tomato powder

But still, does it actually color the skin red?

http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2665964/

1,8 kg of tomatos a week, so 16 g of lycopene. 2,3 g of lycopene a day. That's too much unfortunately.

StraxcityIsGod
Super Poster
Posts: 1,107
Threads: 135
Joined: Jul 2015
Reputation: 45

10-15-2015, 05:38 PM #10

> **lltvyr Wrote:** (10-14-2015, 08:38 PM)
>
> > **lolita Wrote:** (10-14-2015, 08:33 PM)
> >
> > How is turning yellow a good thing Wtf
> > The goal should be pinkish white
>
> For the 99999th time: http://www.sciencedaily.com/releases/201...lyids=9261

So my jaundice means I have god tier coloring?

Yellow is shit. It's disgusting. I don't even look like a fucking human being. I look like fucking ET.

---

lltvyr
Mega Super Poster
Posts: 2,205
Threads: 362
Joined: Jul 2015
Reputation: 469

10-15-2015, 05:49 PM (This post was last modified: 10-15-2015, 05:49 PM by lltvyr.) #11

There was a study that showed that red is preferred in men actually which should sign high oxyhemoglobin levels. Makes sense. To raise oxyhemoglobin, eat iron (red meat with out dairy) and breathe (don't smoke!).

~~**copecel**~~
Banned
Posts: 57
Threads: 4
Joined: Oct 2015
Kisses: 1
Slay Count: 1

10-15-2015, 07:42 PM (This post was last modified: 10-15-2015, 07:43 PM by copecel.) #12

> **lltvyr Wrote:** (10-15-2015, 05:24 PM)
>
> 1,8 kg of tomatos a week, so 16 g of lycopene. 2,3 g of lycopene a day. That's too much unfortunately.

1.8 kg red tomatoes would contain 46 mg lycopene, which would mean a daily dosage of 6.6 mg lycopene.

Satanas
Member
Posts: 87
Threads: 18
Joined: Sep 2015
Reputation: 50

10-16-2015, 02:22 AM #13

beta carotene aka vitamin A has been found to increase cancer risk

---

~~**copecel**~~
Banned
Posts: 57
Threads: 4
Joined: Oct 2015
Kisses: 1
Slay Count: 1

10-16-2015, 10:26 AM #14

> **Satanas Wrote:** (10-16-2015, 02:22 AM)
>
> beta carotene aka vitamin A has been found to increase cancer risk

In smokers and people exposed to asbestos. Anyway, lycopene is not a provitamin A.

---

lolita
Colez Biker Gang
MASCULINITY CREW
Posts: 1,651
Threads: 116
Joined: Aug 2015
Reputation: 185

10-16-2015, 11:37 AM #15

> **Satanas Wrote:** (10-16-2015, 02:22 AM)
>
> beta carotene aka vitamin A has been found to increase cancer risk

Looks>fear of cancer down the road

---

lltvyr
Mega Super Poster
Posts: 2,205
Threads: 362
Joined: Jul 2015
Reputation: 469

10-16-2015, 12:49 PM (This post was last modified: 10-16-2015, 12:49 PM by lltvyr.) #16

> **Satanas Wrote:** (10-16-2015, 02:22 AM)
>
> beta carotene aka vitamin A has been found to increase cancer risk

Looksmaxers don't smoke as it ruins the whole carotenoid system and doesn't let one get the tan from them.

~~**copecel**~~
Banned
Posts: 57
Threads: 4
Joined: Oct 2015
Kisses: 1
Slay Count: 1

12-30-2015, 10:41 PM (This post was last modified: 12-31-2015, 10:29 AM by copecel.) #17

A word of caution for my fellow incels, idiots and losers regarding lycopene:

I took 40 - 60 g/d tomato paste (~ 11.5 - 14.3 mg/d lycopene) for about 1.5 months and developed an unattractive dirty-looking dull reddish skin tone on my face. I took the tomato paste after a fatty meal for best carotenoid absorption. Lycopene is a dark/dull red carotene looking somewhat similar to deoxygenated blood (vs bright oxygenated blood) and it stays dull no matter the dilution.
Beta-carotene, on the other hand, is a bright orange carotene that assumes a healthy-looking golden glow as you dilute it.

So if you take lycopene, and I personally see no convincing reason to do so from what I have read about the attractiveness of skin tones, do not skip the beta-carotene.

---

lltvyr
Mega Super Poster
Posts: 2,205
Threads: 362
Joined: Jul 2015
Reputation: 469

12-30-2015, 10:49 PM #18

I've been taking 15 mg/D lycopene for many months now, but also 36 mg/D beta-carotene and my skin tone is very good. soon i'm gonna quit carotene and see for myself what does lycopene only do

---

GeneticLottery
Senior Member
Posts: 985
Threads: 59
Joined: Aug 2015
Reputation: 765
Slay Count: 5

12-31-2015, 11:04 PM #19

> **lltvyr Wrote:** (12-30-2015, 10:49 PM)
>
> I've been taking 15 mg/D lycopene for many months now, but also 36 mg/D beta-carotene and my skin tone is very good. soon i'm gonna quit carotene and see for myself what does lycopene only do

It's a rough area. Let me know all that happens to your skin, because I fked mine up with b carotene 30mg a day.
At first it was going well, my skin just seemed to look more healthy - and I looked really good outside in bright light, which was strange.
After that however I got noticeably more yellow around nasolabial folds, and people started to notice. I stopped, but kept eating foods with carotenoids, just not as much.
It still hasnt gone completely. Outside or under fluorescent light it still looks off. It's been months. When it returns to normal I will not take b carotene, only eat more veg with carotenoids. Tell me lltvyr, what is your normal skin colour? I am deathly pale, maybe that's why it's more noticeable.

I also started taking astaxanthin but have not noticed much discernable difference in skin colouration, perhaps a SLIGHT reddening - which looks good. At a point I was taking 12mg a day.

For those wondering, when researching astaxanthin I came across a source saying that skin colour change is noticeable only at 50mg+ a day astaxanthin. And apparently it was an orange colour, not red.

Also, researching carotenemia/carotenosis I came across places that mentioned astaxanthin also causes carotenosis. So Im not sure if this is supposed to be the ugly off-yellow colour around nasolabial folds and palms or a different colour.

Basically, no one knows what the fuck it does to skin colour yet. I'm happy to be a test dummy, once we figure out the right amounts we should share and have godly skin colour. But for now i'm cutting back to return to pale skin. Once i'm back to nothing, I will eat 8+ portions of veg a day(tomatoesx2 carrots cucumber brocolli green beans apples sweet potatoes) And start 12mg astaxanthin and build dosage after a few weeks.

~~**copecel**~~
Banned
Posts: 57
Threads: 4
Joined: Oct 2015
Kisses: 1
Slay Count: 1

01-02-2016, 07:29 AM #20

> **GeneticLottery Wrote:** (12-31-2015, 11:04 PM)
>
> Basically, no one knows what the fuck it does to skin colour yet.

If you actually bother to read the scientific studies, you'll find out the average skin yellowness, redness and lightness values deemed most attractive and you will also find a few studies on supplementation protocols and their respective effects.

GeneticLottery
Senior Member
Posts: 985
Threads: 59
Joined: Aug 2015
Reputation: 765
Slay Count: 5

01-02-2016, 10:08 AM #21

> **copecel Wrote:** (01-02-2016, 07:29 AM)
>
> > **GeneticLottery Wrote:** (12-31-2015, 11:04 PM)
> >
> > Basically, no one knows what the fuck it does to skin colour yet.
>
> If you actually bother to read the scientific studies, you'll find out the average skin yellowness, redness and lightness values deemed most attractive and you will also find a few studies on supplementation protocols and their respective effects.

For astaxanthin? Show me these studies.

---

lltvyr
Mega Super Poster
Posts: 2,205
Threads: 362
Joined: Jul 2015
Reputation: 469

01-02-2016, 11:50 AM (This post was last modified: 01-02-2016, 11:52 AM by lltvyr.) #22

> **GeneticLottery Wrote:** (12-31-2015, 11:04 PM)
>
> > **lltvyr Wrote:** (12-30-2015, 10:49 PM)
> >
> > I've been taking 15 mg/D lycopene for many months now, but also 36 mg/D beta-carotene and my skin tone is very good. soon i'm gonna quit carotene and see for myself what does lycopene only do
>
> It's a rough area. Let me know all that happens to your skin, because I fked mine up with b carotene 30mg a day.
> At first it was going well, my skin just seemed to look more healthy - and I looked really good outside in bright light, which was strange.
> After that however I got noticeably more yellow around nasolabial folds, and people started to notice. I stopped, but kept eating foods with carotenoids, just not as much.
> It still hasnt gone completely. Outside or under fluorescent light it still looks off. It's been months. When it returns to normal I will not take b carotene, only eat more veg with carotenoids. Tell me lltvyr, what is your normal skin colour? I am deathly pale, maybe that's why it's more noticeable.
>
> I also started taking astaxanthin but have not noticed much discernable difference in skin colouration, perhaps a SLIGHT reddening - which looks good. At a point I was taking 12mg a day.
>
> For those wondering, when researching astaxanthin I came across a source saying that skin colour change is noticeable only at 50mg+ a day astaxanthin. And apparently it was an orange colour, not red.
>
> Also, researching carotenemia/carotenosis I came across places that mentioned astaxanthin also causes carotenosis. So Im not sure if this is supposed to be the ugly off-yellow colour around nasolabial folds and palms or a different colour.
>
> Basically, no one knows what the fuck it does to skin colour yet. I'm happy to be a test dummy, once we figure out the right amounts we should share and have godly skin colour. But for now i'm cutting back to return to pale skin. Once i'm back to nothing, I will eat 8+ portions of veg a day(tomatoesx2 carrots cucumber brocolli green beans apples sweet potatoes) And start 12mg astaxanthin and build dosage after a few weeks.

i've been doing it for many months already. i used to take 48 mg/D and no lycopene, but it was just too many pills and also people mentioned my yellowness pretty often. they still do, but say it's rather attractive not ugly. doesn't look weird or anything. i add a little suntan to it which blends well perhaps. no unevenness.

~~**copecel**~~
Banned
Posts: 57
Threads: 4
Joined: Oct 2015
Kisses: 1
Slay Count: 1

01-02-2016, 12:55 PM (This post was last modified: 01-02-2016, 01:10 PM by copecel.) #23

> **GeneticLottery Wrote:** (01-02-2016, 10:08 AM)
>
> For astaxanthin? Show me these studies.

It seems I have misread your post; I was mainly referring to your problem with beta-carotene, which was likely caused or exacerbated by an overdose.

Astaxanthin, however, is classified as a xanthophyll, whereas beta-carotene and lycopene are carotenes. This matters because the skin appears to preferentially store carotenes, whereas the eye appears to preferentially store xanthophylls: http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2957565/
There is some controversy as to whether astaxanthin is actually a true xanthophyll, but if true, then most of your astaxanthin may end up in your eyes, not skin. This was a problem with the xanthophyll canthaxanthin, forming crystals in the retina, causing retinopathy in extreme cases.

---

lookz
Ultra Super Poster
Posts: 5,009
Threads: 882
Joined: Jul 2015
Reputation: 371

01-02-2016, 01:06 PM #24

What's the beta carotene dosage for looksmaxing?

---

fixation
Member
Posts: 51
Threads: 1
Joined: Jan 2016
Reputation: 0

01-06-2016, 10:25 AM #25

> **lookz Wrote:** (01-02-2016, 01:06 PM)
>
> What's the beta carotene dosage for looksmaxing?

I want to know this too.

---

techrat
Newbie
Posts: 18
Threads: 0
Joined: Jan 2016
Reputation: 0

01-06-2016, 04:52 PM #26

> **fixation Wrote:** (01-06-2016, 10:25 AM)
>
> > **lookz Wrote:** (01-02-2016, 01:06 PM)
> >
> > What's the beta carotene dosage for looksmaxing?
>
> I want to know this too.

1.5 kg

---

lltvyr
Mega Super Poster
Posts: 2,205
Threads: 362
Joined: Jul 2015
Reputation: 469

01-06-2016, 05:06 PM #27

> **fixation Wrote:** (01-06-2016, 10:25 AM)
>
> > **lookz Wrote:** (01-02-2016, 01:06 PM)
> >
> > What's the beta carotene dosage for looksmaxing?
>
> I want to know this too.

36 mg/D

---

iamagod
Mega Super Poster
Posts: 3,751
Threads: 287
Joined: Oct 2015
Reputation: 1,391

01-07-2016, 10:39 AM #28

Astaxanthin is extremely promising but it's very expensive where i am, any one know of a online bulk sourc as i believe this is one of the few genuine supplements worth running long term

---

GeneticLottery
Senior Member
Posts: 985
Threads: 59
Joined: Aug 2015
Reputation: 765
Slay Count: 5

01-09-2016, 10:08 PM #29

> **iamagod Wrote:** (01-07-2016, 10:39 AM)
>
> Astaxanthin is extremely promising but it's very expensive where i am, any one know of a online bulk sourc as i believe this is one of the few genuine supplements worth running long term

No one here even knows what dosage produces discernable changes in skin colour, so IMO it's not worth splashing out on unless you know.

something youre not sharing? 😠

http://lookism.net/Thread-Shitpost-The-Lookism-Roleplay-Thread-work-in-progress

---

iamagod
Mega Super Poster
Posts: 3,751
Threads: 287
Joined: Oct 2015
Reputation: 1,391

01-10-2016, 08:54 AM #30

> **GeneticLottery Wrote:** (01-09-2016, 10:08 PM)
>
> > **iamagod Wrote:** (01-07-2016, 10:39 AM)
> >
> > Astaxanthin is extremely promising but it's very expensive where i am, any one know of a online bulk sourc as i believe this is one of the few genuine supplements worth running long term
>
> No one here even knows what dosage produces discernable changes in skin colour, so IMO it's not worth splashing out on unless you know.
>
> something youre not sharing? 😠

I've been getting more than an hour of un protected summer australian sunlight a day, a lot more vitamin D than my bodys ever produced - I feel fantastic, my skin and hair has never looked better and my i've been getting compliments on the bright blueness of my eyes(first ever). Eyes are usually a grey blue but now are very stark and aesthetic.

Since i've started this i've also been popping 8mg of astaxanthin a day after i learned of the info in this video
https://www.youtube.com/watch?v=Cvxs6ajhkJQ
What i found most interesting is the observation of change of colouring over a flamingos life, an animal who's diet consists very highly of astaxanthin (algae, shrimp, salmon - all have high astaxanthin content)

I can't confirm my suspicion of astaxanthin effects on my own body as it could be due to My vitamin D levels, my Gh peptide cycle and very low bf%, but here is why i think the astaxanthin is responsible for some of the change

https://seaworld.org/animal-info/animal-...teristics/
This article notes the change of colourisation over time of a flamingos life, relevant to us are:

1. Feather coloration is derived from carotenoid pigments found in a flamingo's food.

1. Male and female flamingo coloration is the same.Newly-hatched chicks are gray or white.Juveniles are grayish, taking approximately one to two years to obtain full adult coloration.

   Parents may lose some of their pink coloration while raising young.

Here is a baby flamingo:

National Zoo

here is an adult:
[Image: am-flamingo.jpg]

The only thing that leads to the organic change of colour is their diet RICH in astaxanthin and carotenoids. When their diet is defeciant their colour starts reverting back to gray/white. This is why i believe its worth taking long term supplementation of astaxanthin, as studys confirm the same effects happen within our own bodys.

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Current time: 04-18-2017, 08:15 PM